

COLD SPRING HARBOR ATHLETICS

IMPORTANT DATES AND INFORMATION

June 1st

- ♦ Fall Physicals 2015-16
7:45am Nurse's Office

June 2nd

- ♦ Spring Varsity Sports Awards-7pm PAC

June 9th

- ♦ Huntington Crescent Club - Varsity Senior Athlete Recognition Dinner

August 17th

- ♦ JV and Varsity Football Begin

August 24th

- ♦ All other JV and Varsity Sports Begin

September 8th

- ♦ All Junior High Sports Begin

2014-2015 HIGHLIGHTS

Track Stars Reach Nationals 2

Player Of The Year 2

Cartwheel For A Cure 2

Girls Hoops Heads To Florida 3

Wrestler Heads To States 3

Chorus Sings National Anthem 3

Summer Camps 4



The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

VOLUME 3, ISSUE 1

APRIL 2015

HELPING OTHERS AND MAKING A DIFFERENCE

The Cold Spring Harbor Varsity Basketball Team spent a day giving back to the community before a big week of games. On December 17, the team went to the Salvation Army in East Northport and prepared gifts for needy families in the community. The toy drive directly touched 310 families and is responsible for making sure 710 children have a toy on Christmas morning. The Recreation Director, Ralph Rossetti, said "It's refreshing to have CSH basketball take time to demonstrate such good character and help us." Coach Mercurio said his staff were all in



attendance as well. "It was a great afternoon for our kids today. I'm so glad we were able to help. We are building a basketball tradition and anytime we have the opportunity to help others in our community we will jump at the opportunity!" This marks the second year that the CSH boys have participated in this event and the basketball staff plans on continuing this tradition in the coming years.

JH HOCKEY WINS COUNTY CHAMPIONSHIP



Cold Spring Harbor JH Ice Hockey finished off a remarkable season by beating Long Beach 1-0 and winning the Nassau County Ice Hockey Championship. Leading to that, CSH finished the regular season 15-3 and secured the #1 spot in the playoffs. The Seahawks played a thrilling over-time semi-final game against Rockville Centre where CSH gave up 2nd & 3rd period leads and managed to fight back to win in double OT 5-4 on a Richie Striano goal. The Championship game did not lack any less intensity than the Semi Final game. The game was played at Long Beach Arena against the Long Beach Marines. After a highly competitive 1st period, CSH's Richie Striano scored a Power Play goal with 6 minutes left in the period. In the 3rd period, CSH was dominated by LB but the Seahawks' goalie, Peter Striano, made 19 out of his 42 saves to secure the championship.

HAROUCHE AND LOCASTRO COMPETE IN NATIONALS



Isabelle and Daniella with Coach Aurigemma

Isabelle Harouche finished her final Winter season by being ranked in the top 30 in the country for the second consecutive season in the Mile. Adding to her already impressive resume, this past season she broke two new individual school records (1500m & Mile) and anchored the Distance Medley Relay, recording the school record. Running the Mile at the National Championships, Isabelle finished 22nd in the nation. She ends her Winter career being 4x County Champion, 5x All County, 5x Conference Champion and holds 7 school Indoor records.

Daniela LoCastro continued her impressive growth as a runner, breaking into the top 15 in the nation. Daniela set two school individual records (3000m & 5000m) and lead off the school record breaking Distance Medley Relay. Earning All Conference and All County honors, her junior Winter season was highlighted by earning trips to the NYS Indoor State Championships and US Indoor National Championships. At the NYS Championships, Daniela was the #1 NYS Class B runner in the 3000m. The following weekend, she ended her season finishing 15th at the US Indoor National Championships in the 5000m. Her 15th place finish at Nationals is the highest place finish in CSH history.

SZAJNA NAMED PLAYER OF THE YEAR



Cold Spring Harbor Athletics would like to congratulate Wes Szajna for being named the 2014-2015 Class B Conference Player of the Year. Szajna, as a senior captain, helped his team reach the playoffs for the second year in a row. Szajna, a steady levelheaded leader, finished his senior season as the 4th leading scorer in Nassau County with 20.9 points per game.

"Wes transformed his game and really evolved as a player in the past two years", said Coach Mercurio. Szajna got to the free throw line 125 times this year, a mark that was second in the county. "It's really a testament to Wes that he continued to attack the rim at all times." Wes finished up his basketball career as one of the finest players in Cold Spring Harbor.

Wes Szajna is a great competitor, player but most of all person. The Cold Spring Harbor basketball family will miss him dearly and all that he did to help others and inspire his teammates. One thing is for certain, and that is Wes will be a success in anything he does!

CARTWHEEL FOR A CURE



Emily Samuels winning the Jim Barish Award.

The Cold Spring Harbor Girls Varsity Gymnastics teams just finished another great season. The team moved up to Conference 2 this year and held their own. The team finished 5-4 in the conference. Lindsay Herling and Shannon Fay competed in the Individual County Championships. Lindsay Herling competed on balance beam while Shannon Fay competed on the uneven bars, balance beam, and all around. She also placed second on vault and third on the floor exercise. The team hosted a "Cartwheel for a Cure" fundraiser on January 19. The competition was against Bethpage High School and, at the conclusion of the competition, all the gymnasts were timed for three minutes to do as many cartwheels as they could. Both teams raised funds for the Cystic Fibrosis Foundation totaling over \$2,500.



GIRLS BASKETBALL INVADDES FLORIDA



The Girls Basketball Team had a wonderful experience competing in the KSA Disney Basketball Winter Tournament. The team spent five days enjoying the weather, atmosphere, attractions and competition the trip brought. The team spent their first night on the trip watching the Orlando Magic play the Cleveland Cavs. After the game, the girls were lucky enough to meet NBA player Tobias Harris and take some pictures at center court. The CSH team went 1-2 in the three games they played at ESPN World Wide of Sports Complex, playing against teams from Tennessee and New Jersey. During their off time, the girls got to travel to the different Disney Parks. It was a great bonding experience, and a trip the girls will remember.

KALEY QUALIFIES FOR STATES

Alex's season started out strong, pinning everyone he wrestled. It turned out to be a streak of 8 wins and 8 pins and then the middle of the season smacked him right in the face. A little thing called, "adversity." Alex was diagnosed with walking pneumonia. He wrestled through the month of December with this diagnosis and never complained once, even when he gasped for air on the mat. Little did he know how much stronger this would make him. Next were qualifiers where he would have to beat an opponent he already saw twice in the year to win in the finals. Alex did just that. He then went on to the county championship where he was a heavy favorite. Alex moved through the bracket and again had to face an opponent he had previously beat in the year. Once again, he did just that and, one last time, got his hand raised as the county champion. Alex went onto the state championships. He had two very hard-fought matches and lost, but we all know it's the experience he gained going up there that made it worthwhile. Alex set the all-time single season matches wrestled and most pins in a season. Next year, he will look to set every school record the school has for the sport of wrestling and become the fourth all-state wrestler.



BASEBALL PLAYS AT BETHPAGE PARK



CSH Elementary combined chorus sings the National Anthem before the Varsity Baseball game

On April 10, sixth graders from both Lloyd Harbor and West Side schools took a trip to Bethpage Ballpark, home of the Long Island Ducks baseball team. Quackerjack might not have been there that day... but the Seahawks were! The elementary students got to watch the CSH Boys Varsity Baseball Team play against Port Washington. Sixth graders and their teachers came dressed in CSH attire! The game opened with the sixth grade combined choruses singing our National Anthem. Chilly temperatures and damp weather didn't damper the fun. Children and staff were thrilled to see one another from across town and cheer on our team. Let's go Seahawks!

SEAHAWKS SUMMER SPORTS CAMPS

Seahawks Sports Camps – REGISTRATION OPEN

We are very excited about our 3rd year hosting the Seahawks Sports Camps. We have added to our camp opportunities to include Crew, Boys and Girls Golf, and Fencing. Seahawks Sports Camps will provide young athletes the opportunity to enhance their fundamental skills, game strategies, and passion for athletics. Our campers have the opportunity to learn from our coaching staff and current varsity players. Our highly skilled Cold Spring Harbor coaches will provide your son or daughter with a positive and memorable experience that will emphasize teamwork, commitment and enhance their love for the game. Our camps are open to (incoming) Kindergarten through 12th grade students. We offer community service to incoming seniors. We look forward to your participation in the strong tradition of excellence here at our Seahawks Sports Camps. The Seahawks spirit comes from an experience that touches the heart of every one of our developing athletes. This spirit and love for their school is something that will be passed down for years to come. Camp provides the opportunity for varsity athletes to share their passion, skills and love for their game. The Seahawks dedication and passion for their sport is truly contagious to our campers. Thank you for your generosity and continued support of the Seahawks Athletic Booster Club and Cold Spring Harbor Athletic Department. We look forward to seeing your family this summer.

Visit: www.seahawkssportscamps.com

CSH Varsity Coaches and trained staff are ready to provide high level training and an enjoyable time.



<u>Sport</u>	<u>Date</u>	<u>Time of Camp</u>
Boys Basketball	7/6 to 7/10	5pm to 8pm
Gymnastics	7/6 to 7/10	9am to 12pm
Baseball	7/6 to 7/10	9am to 12pm
Girls Lacrosse	7/6 to 7/10	9am to 12pm
Volleyball	7/6 to 7/10	5pm to 8pm
Softball	7/6 to 7/10	5pm to 8pm
Wrestling	7/13 to 7/17	5pm to 8pm
Girls Basketball	7/13 to 7/17	5pm to 8pm
Crew	7/13 to 7/17	10am to 1pm
Crew	7/20 to 7/24	10am to 1pm
Boys Soccer	7/20 to 7/24	5pm to 8pm
Boys Track - Strength Training	7/20 to 7/24	6pm to 8pm
Girls Track - Strength Training	7/20 to 7/24	6pm to 8pm
Fencing	7/20 to 7/24	5pm to 8pm
Field Hockey	7/27 to 7/31	9am to 12pm
B/G Golf	7/27 to 7/31	9am to 12pm
Boys Lacrosse	8/10 to 8/14	10am to 1pm
Cheerleading	8/17 to 8/21	5pm to 8pm
B/G Tennis	8/17 to 8/21	5pm to 8pm
Girls Soccer	8/17 to 8/21	5pm to 8pm
Football	8/3 to 8/7	9am to 12pm



SIGN UP FOR OUR SEAHAWKS SUMMER SPORTS CAMPS
VISIT WWW.SEAHAWKSSPORTSCAMPS.COM



The next issue of THE SEAHAWK will be coming to you in the Summer of 2015!